Take firm hold of the Guru's command; then you will easily walk on the Path.

Repeat the Guru's Name with every pore of your body; in this way, the disciple becomes blessed.

This is the bani of Sahajo Bai. She was a Perfect Disciple of Guru Charan Das Ji. Yesterday and the day before, for two or three days now in Satsang, we have taken banis describing the greatness of the Guru. Now we will consider in detail the importance of the disciple following the Guru's commands.

Many people consider the Guru to be great. They honor and respect Him. They perform whatever seva He gives them. But to follow the commandments of the Guru, to act according to His instructions, is very difficult. There is a vast difference between the status of the manmukh, one who obeys the mind, and the Gurumukh, one who obeys the Guru. For millions of yugas, for millions of lifetimes, we have followed the mind. We have gone on creating karmas, and those karmas have become the cause of our revolving over and over in the wheel of births and deaths. And so, for age upon age, we have wandered blindly in illusion. But when we follow the Guru's commands, He removes all of our bonds, and our soul goes free. For this reason, we should go into the shelter of the Guru. In reality, if we are asking

for worldly things, if we are happy receiving the gifts of this world, then we are not following the way of the Gurumukh. We cannot call this obedience to the Guru.

Therefore, Sahajo Bai tells us the proper way to obey the Guru's commands. We should follow whatever He tells us with firm determination. Following the Path of the Guru, we should anchor the mind in His words. Even if we suffer some harm or loss, even if we have to endure some humiliation, still we should not transgress the orders of the Guru.

What to speak of praising the Guru with our tongue, the Name of the Guru should issue forth from every pore of our body. Once Shiva and Parvati decided to pay a visit to Arjuna. When they reached Arjuna's home, Narada Ji had also just arrived, and Shri Krishna was there before any of them. At that time Arjuna was lying down, absorbed in contemplation. From every pore of his body, the chant "Shri Krishna, Shri Krishna, Shri Krishna" was resounding. Krishna Ji went in first to see Arjuna and found him in this state of inner intoxication. So, Shri Krishna sat down beside him and also became immersed in that intoxicated state.

Meanwhile, Shiva and Parvati requested Narada to announce their arrival and to find out if Arjuna was at leisure to meet with them. But when Narada entered Arjuna's room, he also became engulfed by the sound of "Shri Krishna, Shri Krishna," emanating from Arjuna's body and, taking his seat in turn, also became lost in ecstasy. After a while, when Narada did not return, Shiva and Parvati went to discover what had happened. When they entered Arjuna's room, finding everyone absorbed in deep meditation, they also sat down and became blissfully lost to the outer world.

When the disciple contemplates on the Guru in such a way that every pore of their body chants only the name of the Guru, then they can be called a Gurumukh. When such an intoxication takes hold of the disciple, how can any room remain within for the world and worldly things?

Take firm hold of the Guru's command; always remain within the orders of the Guru.
Do nothing outside of the Guru's command; if you lose everything thereby — let it go.

Whatever the Guru tells us to do, we should always follow His orders. If His words appear baneful to our limited understanding, let it be so; but we should never transgress His command.

Whoever follows the Guru's command overcomes all obstacles;
Whoever follows the Guru's command becomes a Gurumukh.

The Perfect Disciple who follows the directions of the Guru never experiences difficulties or obstacles. By following the Guru's order, you become a Gurumukh. Then not even the slightest trace of the mind remains. Obedience means following the commandments of the Guru implicitly.

मन्त्र मूलं गुरुर वाक्यं

Guru's words are the root mantra.

What is the root of all mantras? Following the commandments of the Guru. Otherwise, no matter how many mantras you may repeat, you will gain

nothing.

[At this point Baba Somanath Ji asks Pushpamma to sing a hymn by Akka Mahadevi, on which He comments]

O, Father! If I know You, then hell seems like salvation to me.
O, Father! Without knowing You, liberation is no better than hell.
O, Father! Without Your Love, joy is misery.
O, Father! If I have Your Love, misery is joy to me.
O, Father Chennamallikarjuna! Now I truly live; the bond you tied me with has set me free.

This is the bani of Akka Mahadevi. She says, "When the experience of Your Divine Presence awakens in my within, even if I am in hell, I will remain in a state of supreme happiness. But if You don't shower Your grace, and that experience doesn't manifest within my heart, then even if I attain emancipation, that will be like hell for me."

Further, Akka Mahadevi tells us, "If I do not earn Your pleasure, whatever happiness comes to me will be a source of all sorrow."

She says, “No matter how much suffering You give me, if You are pleased with me, then I could achieve no more exalted state. Whatever words You have spoken to bind me, it is those words that have become my liberation. I was trapped in the net of the world, but now I am free.”

[Baba Somanath Ji returns to the hymn of Sahajo Bai]

The Guru’s command increases devotion; the Guru’s command takes you across the ocean of existence.

It is only by obeying the commandments of the Guru that our attention gets fixed in the devotion, the love awakens in our within, and we experience true bhakti. Then our slavery to the mind is abolished, and our soul attains emancipation.

The Guru’s command is the most exalted; whoever follows the Guru’s command is the devotee of God.

You gain the greatest happiness of all by obeying the Guru's order. The one who follows the command of the Guru is called "Harijan" — the devotee of God.

Whoever accepts the Guru's command is a Sadhu; the Guru's command leads us to the unfathomable secret.

She says, "Whoever does the meditation unceasingly, according to the Guru's command, is called a Sadhu." When we follow the Guru's instructions and engage in constant meditation, we attain a state of consciousness that is unfathomable and unbounded – beyond the power of words to describe.

Whoever forgets the Guru's command, again and again they will hang in the womb and suffer.

She says that if you don't follow the commandments of the Guru, then all the calamities will fall on your head. You will hang

upside down in the womb over and over. You will have to die and take birth again and again.

The commands of Guru Charandas are perfect. Except for His command, everything is garbage. Sahajo says, only the obedient Gurumukh is happy; all the pleasures of this world are dry as dust.

Through following the Guru's commands, we achieve perfection. Without obeying the Guru, no matter how many true and virtuous deeds we may perform, it is all a false dream.